

meal plan



welcome to the

# 30-DAY DROP

We're so excited that you are committing to begin your journey to a healthier, happier you.

The following meal plan is designed as a suggested tool to help empower you and maximize results. We recommend a balanced and nutritious approach to eating, coupled with daily movement for physical and mental wellness.<sup>1</sup>

The contents of this website and other material are intended for informational and educational purposes only, and not for the purpose of rendering medical advice. The contents are not intended to substitute for professional medical advice, diagnosis, or treatment. Before starting any new diet or exercise program, please check with your doctor and clear any dietary or exercise changes. These meal plan suggestions were not created by doctors, nutritionists, or registered dietitians. We do not claim to help cure any condition or disease. Product recommendations are not intended to diagnose, treat, cure, or prevent any disease. Our statements and information have not necessarily been evaluated by the Food and Drug Administration.





# 30 DAY DROP

your daily routine



## sample meals

<p>mornings <b>7-10 AM</b></p>	<p>Sip hot water with lemon, followed by coffee and breakfast with 2 servings protein + 1 healthy fat.</p> <p>Take 1 <b>SLMR</b> capsule before your meal and 1 <b>TFXX</b> caplet with your meal.</p>	<p><b>2 eggs with avocado</b></p>
<p>lunch <b>12-2 PM</b></p>	<p>1 serving protein + 2 servings veggies + 1 serving fruit + 1 healthy fat</p> <p>Take 2nd <b>TFXX</b> caplet with your meal.</p>	<p><b>Grilled chicken over mixed greens with oil-based dressing and blueberries</b></p>
<p>afternoon snack (optional) <b>3-4 PM</b></p>	<p>1 healthy fat + 1 serving fruit</p> <p>Take 2 <b>SKNY Gummies</b> with or without food.</p>	<p><b>IT WORKS! Superfood Smoothie+</b> (add a scoop of <b>IT WORKS! Greens Multi</b> for an extra nutritional boost)</p>
<p>dinner <b>5-7 PM</b></p>	<p>1 serving protein + 2 servings veggies + 1 complex carb</p> <p>Take 2 <b>FLAT</b> capsules with your meal.<sup>2</sup></p>	<p><b>Steak with roasted asparagus, carrots, and baked sweet potato</b></p>

## tips

- Move your body at least 30 minutes per day.
- Drink half your body weight in ounces of water daily!
- For maximum results, take 2 SKNY Gummies twice daily.<sup>3</sup>
- **Level up your morning routine with IT WORKS! Happy Coffee.** Feel the difference after just one cup of this French roast blend—powered by Zemrin® for fast-acting mood and stress support and PeakO<sub>2</sub>® mushroom blend for increased endurance and energy efficiency.\*

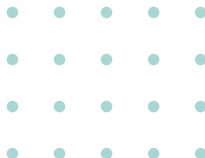
<sup>2</sup>FLAT should be taken with your largest meal of the day. If you are prone to nighttime urination and sleep disturbance, take 2 FLAT capsules at lunch rather than dinner.

<sup>3</sup>Increased daily intake results in a total of 15 servings per bottle.

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# 30 DAY DROP

your caffeine-free daily routine



## sample meals

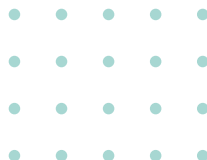
<b>mornings</b> <b>7-10 AM</b>	<p>Sip hot water with lemon, followed by coffee and breakfast with 2 servings protein + 1 healthy fat.</p> <p>Take 1 <b>SLMR</b> capsule before your meal.</p>	<p><b>2 eggs with avocado</b></p>
<b>lunch</b> <b>12-2 PM</b>	<p>1 serving protein + 2 servings veggies + 1 serving fruit + 1 healthy fat</p> <p>Take 2 caffeine-free <b>BRN+</b> capsules before your meal.</p>	<p><b>Grilled chicken over mixed greens with oil-based dressing and blueberries</b></p>
<b>afternoon snack</b> (optional) <b>3-4 PM</b>	<p>1 healthy fat + 1 serving fruit</p> <p>Take 2 <b>SKNY Gummies</b> with or without food.</p>	<p><b>IT WORKS! Superfood Smoothie+</b>          (add a scoop of <b>IT WORKS! Greens Multi</b> for an extra nutritional boost)</p>
<b>dinner</b> <b>5-7 PM</b>	<p>1 serving protein + 2 servings veggies + 1 complex carb</p> <p>Take 2 <b>FLAT</b> capsules with your meal.<sup>2</sup></p>	<p><b>Steak with roasted asparagus, carrots, and baked sweet potato</b></p>

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## BREAKFAST



## LUNCH



## SNACK



## DINNER

### 30-DAY DROP PRODUCTS

Take **1 SLMR capsule** before your meal and **1 TFXC caplet** with meal.

Take **2nd TFXC caplet** with your meal.

Take **2 SKNY Gummies** with or without food.

Take **2 FLAT capsules** with your meal.<sup>2</sup>

### 30-DAY DROP CAFFEINE-FREE PRODUCTS

Take **1 SLMR capsule** before your meal.

Take **2 BRN+ capsules** before your meal.

Take **2 SKNY Gummies** with or without food.

Take **2 FLAT capsules** with your meal.<sup>2</sup>

## SAMPLE MEALS

Option 1

**2 eggs with avocado**

**Grilled chicken over mixed greens with oil-based dressing and blueberries**

**Handful of mixed nuts and a banana**

**Steak with roasted asparagus, carrots, and a baked sweet potato**

Option 2

**Almond butter & banana smoothie**

**Tuna lettuce wraps, carrot sticks, and a side of mixed berries**

**Cottage cheese with pineapple chunks**

**Lean beef or a plant-based burger patty with side of quinoa and steamed green beans**

Option 3

**Avocado toast on high-protein bread**

**Tofu stir-fry with colorful vegetables and cup of strawberries**

**Sliced banana and peanut butter**

**Stir-fried shrimp with brown rice and mixed vegetables**

Option 4

**Greek yogurt with nuts and berries**

**Cauliflower fried rice with chicken and an orange**

**Walnuts and an apple**

**Grilled chicken with sweet potato and brussels sprouts**

Option 5

**Omelet with spinach and feta**

**Caprese salad with oil-based drizzle and a cup of raspberries**

**Greek yogurt with peaches**

**Zucchini noodles with ground turkey, tomato sauce, and a whole wheat roll**

Option 6

**Scrambled eggs and cottage cheese**

**Grilled chicken breast with steamed broccoli and a cup of fruit**

**IT WORKS! Superfood Smoothie+**

**Baked salmon with roasted sweet potatoes and asparagus**

Option 7

**Egg-white muffins with sausage and turkey bacon**

**Taco salad with ground turkey, avocado, and a cup of mixed berries**

**Almonds and an orange**

**Fish tacos on a low-carb tortilla with Pico de Gallo**

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IT WORKS!™

# 30 DAY DROP

recommended

## Food List

### PROTEIN

1 Serving =



3-6 oz lean beef  
3-6 oz chicken or turkey  
6-8 oz fish  
10-12 shrimp  
1 egg  
3-6 oz tofu  
¼ cup beans

### VEGETABLE

1 Serving =



1 cup asparagus  
1 cup carrots  
1 cup brussels sprouts  
1 cup mixed greens  
1 cup zucchini  
1 cup cauliflower  
1 cup bell peppers  
1 cup mushrooms

### FRUIT

1 Serving =



1 cup strawberries  
1 cup blueberries  
1 apple  
1 kiwi  
1 cup melon  
1 banana

### HEALTHY FATS

1 Serving =



2 TBSP coconut oil or shredded coconut  
⅓ avocado  
2 TBSP nut butter  
1 cup plain Greek yogurt  
1 cup full-fat cottage cheese  
1 TBSP olive oil or 6-8 olives  
¼ cup nuts  
¼ cup seeds

### COMPLEX CARBS

1 Serving =



3 oz brown rice  
3 oz quinoa  
3 oz lentils  
1 sweet potato  
3 oz chickpeas  
3 oz whole-grain pasta